

# What Can We Do To Fight Cancer?

Our goals can be achieved only if there is strong collaboration among community groups, support from elected officials, and a wide-ranging spirit of volunteerism throughout the state. Our ability to control cancer and reduce the cancer burden in Texas depends on efforts in the following critical areas:

## Prevention:

Nearly two-thirds of all cancers are related to unhealthy lifestyle habits, such as tobacco and alcohol use, poor nutrition and lack of physical activity. Quality health education for youth provides an excellent opportunity for instilling lifelong health habits that protect against cancer. In Texas, we have a long way to go in improving health behaviors. Current state estimates are:

- 22% of adults currently smoke
- 27% of high school youth and 11% of middle school youth currently smoke
- 60% of adults are overweight
- 29% of adults do not participate in any leisure activity
- 77% of adults do not eat the recommended 5+ servings of fruits and vegetables per day.

Source: 2000 Behavioral Risk Factor Surveillance System, TDH, and 2001 Youth Tobacco Survey, TDH. Percentages are rounded to the nearest whole

## Early Detection:

There are screening tests that can help detect breast, cervical, prostate, and colorectal cancers in their early stages. When ACS screening guidelines are followed, the chances of detecting cancer at its earliest stage are increased. This has a significant impact on the likelihood of successful treatment. The five-year relative survival rates for many cancers, including breast, prostate, cervical, colorectal, and melanoma, are 90-95% when detected at their earliest stage.

## Patient Services/Quality of Life:

From the time of diagnosis until the end of life, the quality of life for every cancer survivor is affected in some way. Long-term survivorship is a realistic expectation for roughly 60% of those diagnosed with cancer today. While some are “disease free,” others continue to struggle with chronic, active disease, and many are affected by long-term and late side effects. The ACS Texas Division strives to improve measurably the quality of life of all cancer survivors, their families, and caregivers by focusing its efforts on five areas of program implementation:

- Pain and symptom management
- Coping processes
- Access to medical care and treatment services
- Long-term survivorship
- End of life issues

Defining someone as a cancer survivor “from the time of diagnosis and for the balance of life” stresses the importance of quality in the quantity of life and the many impacts of the disease on Texans.

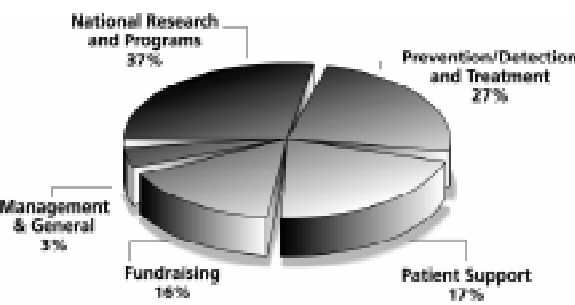
## Advocacy:

Across Texas, your American Cancer Society is working with elected officials to move the fight against cancer to the top of their priority list. **The Action Network**, our corps of advocacy volunteers, is made up of individuals who want to see public policies that support cancer prevention, early detection, treatment, and, one day, a cure! Join the ACS Action Network today and get started in the legislative fight against cancer! Please visit our Legislative Action Center at [www.cancer.org](http://www.cancer.org).

# The American Cancer Society Can Help

Close to 280,000 volunteers in Texas are working to diminish the threat posed by cancer. Through efforts such as the Great American Smokeout, Tell-A-Friend mammography promotion, Reach to Recovery visits to breast cancer patients, and Road to Recovery patient transportation assistance, community leaders dedicate their time, knowledge and compassion toward prevention, early detection, and increased quality of life for people facing cancer. In addition, the American Cancer Society’s National Cancer Information Center, staffed by trained cancer information specialists, provides answers 24 hours a day, seven days a week at 1-800-ACS-2345. The call center offers reliable information and comfort to those who find themselves in a frightening new realm of complex medical terms and life-threatening decisions. Join our efforts to reduce the burden of cancer in Texas. Contact us at **1-800-ACS-2345** or visit us on the web at [www.cancer.org](http://www.cancer.org)

## Your Dollars at Work



At A Glance



# Introduction

The challenge of cancer is clear. In 2002, it is estimated that close to 82,000 Texans will be diagnosed with cancer and another 36,000 will die from the disease. Overall, cancer is the second-leading cause of death, accounting for nearly one fourth of all deaths statewide. Among Texans aged 45-65, cancer is the leading cause of death. To lessen the high personal and community cost of cancer, the American Cancer Society has set ambitious goals and has conducted community assessments throughout the state in an effort to identify gaps and opportunities in cancer control. With this information, plans of action are being developed to help move us, in partnership with others, toward creating healthier communities.

## Projected Number of New Cancer Cases and Deaths, Selected Cancer Sites, Texas, 2002

Cancer Sites	Incidence (New Cases) Counts	Percentage of Total Cancer Incidence	Mortality (Deaths) Counts	Percentage of Total Cancer Mortality
Breast (Female)	12,819	15.7	2,657	7.4
Cervix	1,126	1.4	366	1.0
Colon and Rectum	8,790	10.8	3,545	9.9
Lung and Bronchus	11,134	13.7	10,267	28.7
Melanoma of the Skin	2,736	3.4	491	1.4
Prostate	11,607	14.2	1,868	5.2
All Sites	81,561	100.0	35,716	100.0

Projected 2002 cancer cases (malignant and in situ bladder) are estimated by applying California 1994-1998 age-, sex-, and race/ethnic-specific average annual incidence rates to the 2002 Texas population. Projected 2002 cancer deaths are estimated by applying Texas 1996-2000 age-, sex-, and race/ethnic-specific average annual mortality rates to the 2002 Texas population. Excludes basal and squamous cell skin cancers and in situ carcinomas except urinary bladder. Melanomas are under-reported. Source: Texas Cancer Registry

*This brochure is designed to highlight our state cancer risk, and what can be done to ease the burden of cancer for the people of Texas. For a copy of the complete Texas Cancer Facts and Figures 2002-2003 booklet, developed in partnership with the Texas Department of Health, Texas Cancer Registry, call 1-800-ACS-2345 or view Texas Cancer Facts and Figures online at [www.cancer.org](http://www.cancer.org).*

# Who Gets Cancer in Texas?

Texas is a large and diverse state in both its geography and demographics. According to the 2000 U.S. Census, there are close to 21 million Texans, with approximately 53% non-Hispanic white, 32% Hispanic, 12% African American, and 3% all other races combined.

The actual number of new cases and deaths is highest among non-Hispanic whites. This is because non-Hispanic whites make up the majority of the state's population. However, consistent with national patterns, for every 100,000 population, African Americans are more likely to develop cancer and more likely to die from the disease. In Texas, African Americans have cancer mortality rates approximately 1.4 times higher than mortality rates for non-Hispanic whites, and 1.8 times higher than mortality rates for Hispanics. Overall, Texas Hispanics and other racial/ethnic groups, including Asian/Pacific Islanders and American Indians, have lower incidence and mortality rates when compared to non-Hispanic whites and African Americans in the state.

## Average Annual Incidence and Mortality Counts and Rates for All Cancer Sites, Texas

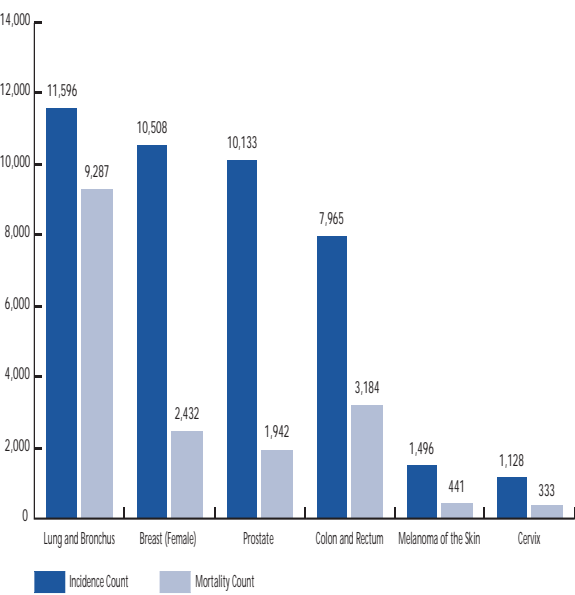
	Incidence Count	Incidence Rate	Mortality Count	Mortality Rate
Non-Hispanic White	53,228	469.7	23,485	210.1
African American	7,560	515.7	4,032	288.1
Hispanic	9,693	329.8	4,086	156.2
Other	875	324.3	261	113.6
All Races	71,568	448.0	31,864	207.1

Note: Incidence counts are 4 year average annual (1995-1998), rounded to the nearest whole; Mortality counts are 5 year average annual (1994-1998), rounded to the nearest whole. Rates are average annual and are per 100,000 population, age-adjusted to the 2000 U.S. standard population. All Sites includes all malignant cancers plus in situ bladder cancer. All other in situ cases are excluded. Source: Texas Cancer Registry

# Leading Cancer Sites in Texas

As is true for the United States as a whole, four cancer sites account for more than half of Texas' cancer burden. These include lung and bronchus, colon and rectum, breast (female), and prostate cancer. Men account for approximately 52% of all newly diagnosed cancers in Texas, and have overall higher cancer rates. Women account for approximately 48% of new cases of the disease. The three leading cancer sites diagnosed among Texas men include: prostate, lung and bronchus, and colorectal cancer. Among women, the leading sites are breast, lung and bronchus, and colorectal cancer. In terms of cancer deaths, men are most likely to die from cancers of the lung, prostate, and colon. Lung cancer is also the leading cause of cancer death among Texas women, followed by breast cancer. Colorectal cancer is the third-leading cause of cancer death in both men and women.

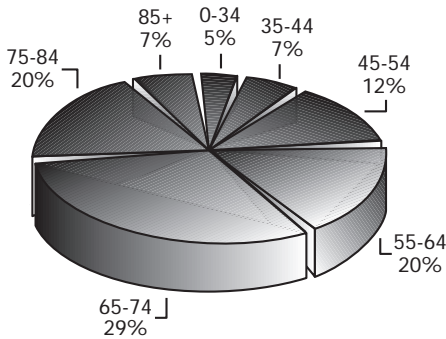
## Average Annual Incidence and Mortality Counts for Selected Cancers, Texas Residents



Incidence counts are 1995-98 average; Mortality counts are 1994-98 average. Melanoma is under-reported  
Source: Texas Cancer Registry

Age is another factor in the amount and type of cancer seen. Among Texas adults, cancer occurs more frequently with advancing age. More than 75% of cancer cases diagnosed occur in people age 55 and older. Less than 1% of all cancers occur before the age of 15.

## Cancer Incidence By Age, Texas



## Mission Statement

*The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service.*



**24 Hours a Day  
7 Days a Week**  
**1-800-ACS-2345**  
**[www.cancer.org](http://www.cancer.org)**